

Psychic Protection Lifts The Spirit

[#psychic protection techniques](#) [#spiritual well-being tips](#) [#energy shielding for empaths](#) [#how to clear negative energy](#) [#boost spiritual energy](#)

Embrace the power of psychic protection to elevate your spiritual state and foster inner peace. By implementing effective energy safeguarding methods, you can actively ward off negative influences, allowing your spirit to feel lighter, more resilient, and truly uplifted. Discover practices that enhance your overall emotional and energetic well-being.

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Psychic Protection Lifts the Spirit

Psychic School - As seen on BBC 2 Everyman: Mediums Talking to the Dead and American Television: Spirit of Princess Diana Overcome the negative forces in your life... If you are a psychic medium or someone who is very sensitive to spiritual vibrations, you may be influenced by the positive or negative energies that surround you. In Psychic Protection Craig draws on his 40 years as a Spiritualist medium to show you how to comfortably live in a world of negative energies and thought fields. Through examples from his and Jane's files, he explains how to combat negative influences, work safely with ghosts, poltergeists and spirits and how to protect your spiritual journey. Topics include: The Spiritual Mycelium Connecting Working with Telepathy, Spiritual Mycelium Thought Forms and Mind Fields Sympathetic Magic, Curses and Jinxes, Prophets, Demons, Thought Forms, Extended Consciousness, Mind Fields Negative Energies Vibrations of the Battlefield, Earth Energies, Standing Stones and Crop Circles, Sick Buildings, Geopathic Stress, Using Crystals, Gemstones and Metals, Protective Devices, Nature Spirits and Faeries, Feng Shui. Eclipsed Souls Real Attacks, The Shadow, Black Magic Thought Form, Earthbound Spirits, Protective Rituals and Techniques Protecting Your Soul Daily Fear Energy in Everyday Life, Personal Protection, Mind Fields in Business, The Power of Words, Soul Protection and Relationships, Self-Awareness, Angels of Protection. Protecting the Aura Protective Colour, Auric Light, Becoming a Medium, Spirit Guides and Helpers. Spiritual Considerations Protecting the Soul

Psychic Protection

Our homes are places of refuge, where we can rest easy and feel secure. But even in our most personal space, we need protection against the negativity, stress, and other unwelcome energies that we face every day. To make your home and loved ones as safe as possible, psychic protection is essential—and you can learn how to do it in a matter of minutes! Friendly and easy-to-understand, this book presents a variety of time-proven techniques for psychic protection and defense. Step by step, you'll learn to activate the shielding properties of amulets and charms, gemstones and crystals, pendulums, candles, incense, herbs, and the chakras (the body's energy centers) to create a harmonious and nurturing

home—and ensure the well-being of the ones you treasure. Strengthen your aura Block psychic attacks House blessings Feng shui Smudging Candle magic Angel communion & prayer Protect loved ones who are far away Creative visualization

Psychic Protection for Beginners

A complete guide to warding off psychic attack and psychic vampirism from toxic people and hostile spirits and entities. Also covered are curses, the evil eye, dream invasion, amulets, spiritual assistance, candle burning, washes, and other effective remedies to remove negativity and restore balance in the aura and in the physical environment.

Guide to Psychic Protection

Learn how to handle negative people and situations through the simple yet effective exercises prescribed in this book. Shows you how to form a strong bond between your body and mind and how psychic enhancement can improve your quality of life, reduce fear and cleanse your personal environment.

Working with Psychic Protection

An innovative book on how to protect yourself in a psychic sense.

Psychic Protection

"An important guide for those who seek to be both grounded and spiritually connected" (Julia Cameron, author of "The Artist's Way"), "Psychic Protection" offers practical ways to dispel the uncomfortable or hostile atmosphere that permeates difficult or unpleasant situations.

Psychic Protection

Described in this book are the invisible levels of the mind—the power of thoughts, the unconscious, elemental energies, and magic. Also discussed is how to protect oneself from the negativity that can be part of these levels.

Psychic Protection

When individuals dares to expand beyond the physical limits of the body, into the world of psychic and spiritual energies, dangerous doors are opened. There is real evil, as the many true cases in this psychic self-help book will reveal. This realm can be fraught with evil, demons, and even the undead. However, not to explore this vast territory is like refusing to drive a car because you might have an accident. Just as you can go to driving school to learn to drive safely and effectively, in the psychic realm, you also can learn the process of true protection, wrapping yourself in the perfect protection, allowing you to be an adventurer versus never going more than where your physical limits allow. It is our right as well as our duty to expand our consciousness safely into the spiritual realm with the intent of exploring these sacred territories, guarded and protected with armor from God. In reference to physical places on Earth, we often hear, "It is a dangerous world out there," but it's an even more dangerous world out there beyond our physical bodies. Join me in taking safe steps into realms that most dare not tread. This book will take you through cases of actual individuals, who have experienced such dramatic and psychic attacks as incubus and possession. In reading about these individuals' unprotected and traumatic spiritual explorations, you will understand their errors and learn from them. A detailed discussion of the most powerful prayer for protection will be explained, along with its effect on your chakra system. There are many energies systems, besides the chakras, which support our physical reality, and this book will help you understand some key energy systems and their roles in protecting your physical, mental, and spiritual bodies.

The Spiritual Psychic

Spirit Release covers psychic attack, curses, witchcraft, spirit attachment, haunting, soul rescue, deliverance and exorcism. This comprehensive guide has been developed over many years as course material in the College of Psychic Studies in London. It looks at the symptoms of psychic attack and spiritual attachments, what to do and how to prevent them.

Spirit Release

This self help how to book is destined to open your connection to the Other Side and help millions connect to their guardian angel and loved ones that have crossed over. How to talk to the Other Side also will help you psychically protect yourself, release self-limitations, and learn who you truly are. Amazon book reviews give How to Talk to the Other Side 4 1/2 stars out of 5. Here are some of the reviews: Kat wrote: "Highly recommended!" C.M. Horton wrote: "I read this book in one day and found it very interesting!" C.M. Coffee wrote: "Great book - Great for reference. Truly recommend it." Jewelled One wrote: "I highly recommend buying the book just so you have these meditations..."

How to Talk to the Other Side

This inspirational book will aid you in finding stability and security in a changing and challenging world. It explains the difference between self-protection and fear-based defences and shows you how you can use crystals and other spiritual tools - including journeying, smudging, affirmations, breathwork and more - to change your mindset from a fearful one into a more confident positive approach to the world. Judy has put together simple - and effective - ways to enhance energy levels and boost protection that have been used for thousands of years. Her tools, techniques and powerful energetic practices will help you to work with the unique healing energies of crystals to take charge of your life and embrace change with power and gusto.

Crystals for Psychic Self-Protection

Complete Guide to Protecting Yourself Against Psychic, Magickal & Paranormal Attack (and just plain irksome people) Have you ever felt a negative energy come over you for no apparent reason when you were near someone or around certain places? Had a curse hurled at you? Been spooked by a ghost in a building? Imperiled by demonic forces? Been drained and discombobulated by an energy vampire? Or, do you encounter more mundane but still disruptive negative energies like an over demanding boss, the local bully, hurtful gossip, a physically or mentally abusive spouse, or life in a dangerous neighborhood threatened by thieves and violence? Whatever your source of negative energy, danger or threat, you'll find effective, proven, psychic and magickal countermeasures within this book. Psychic Self Defense draws upon Embrosewyn's six decades of personal experience using psychic abilities and magickal defenses to thwart, counter and send back to sender, any and all hostile paranormal threats. Everything from unsupportive and dismissive family and friends, to ghosts, demons and exorcisms. The same practical and easy to learn magickal techniques can be mastered by anyone serious enough to give it some time and practice, and can aid you immensely with a host of material world challenges as well. 17 psychic and paranormal threats are covered with exact, effective counter measures, including many real life examples from Embrosewyn's comprehensive personal experiences with the paranormal, devising what works and what doesn't from hard won trial and error. Whether you are a medium needing to keep foul spirits away, or simply someone desiring to know that you, your family and property are safe and protected, you will find the means to insure peace and security with the proven psychic and magickal methods outlined in Psychic Self Defense.

Psychic Self Defense

A step by step beginners guide to psychic and mediumship self development. This book explains what psychic ability and mediumship is about and takes the beginner through various steps and exercises to help them develop the skills needed to become proficient and responsible Psychics and Mediums. I hope that by following my guidelines Mediumship will become an enjoyable and problem free experience. It covers such things as professionalism, discipline, legalities, data protection and insurance. Mediumship can be one of the most rewarding gifts that someone can possess. The look of joy on a bereaved person's face when they have received even the shortest message from their loved one is one of the best sights that you will ever behold. The immense feeling of satisfaction that a Medium gains from helping someone realise that death is not final; the comprehension that our loved ones' live on in our hearts and minds, that their 'energy' or 'life essence' is constantly around us, is one of the most beautiful things a Medium will ever experience. The effort that you, as a Medium, put into discovering how to give these messages to the best of your ability will reflect in your work. This book is intended to help guide you through the learning process. Many times I have been asked "Can anyone become Psychic?" The answer to this is very simple. Everyone is born with Psychic abilities (a sixth sense); think of babies in the crib looking at some 'unseen' being and laughing and gurgling at them. Think of a child with his/her imaginary friend or those many 'weird' co-incidences. One of the main problems

we encounter is how we can keep these abilities in a useable and workable state throughout our lives whilst trying to juggle life's commitments. This is an extremely tough, and for some impossible, task. This is why many people develop their abilities later in life. This book explains what psychic ability and mediumship is about and takes the beginner through various steps and exercises to help them develop the skills needed to become proficient and responsible Psychics and Mediums. I hope that by following my guidelines Mediumship will become an enjoyable and problem free journey for all those that embark on it. As well as covering all aspects of spiritual development I also include the legal aspects associated with working as a psychic or medium. The book has been produced with as little emphasis on any particular religion as possible. Any references or terminologies that appear to implicate a particular deity or religion are purely there to substantiate the average person's understanding of this particular type of development.

When Spirit Callsyou answer

An essential guide to psychic self-defense with simple practices for protecting yourself from the spiritual pitfalls of everyday life and preserving your energetic well-being. We protect ourselves in many ways—insurance policies, locks on our doors, and so forth. But our physical safety is not the only thing that needs looking out for, so too does our psychic well-being. We all need the occasional boost to defend against unhealthy invading energies. This is particularly the case for exceptionally sensitive people or those who work as therapists or healers. The simple and effective psychic protection tools explained in this book include: Guided imagery techniques to facilitate mastery of the exercises Recommendations on the use of specific crystals, gems, and talismans Practical advice on how to avoid being exposed to things that may compromise your psychic strength Also offered are advanced techniques to prepare for activities such as meditation, out-of-body experiences, and channeling.

The Art of Psychic Protection

A veteran of thousands of out of body experiences and visions, John Stone shares his knowledge of the spiritual realms in *The Spiritual Life*. After learning to traverse the internal dimensions and facing its challenges, Stone teaches us about the tests faced when opening up to experience the greater Universe. "At some point in our evolution, when we desire a deeper connection to the Universe and a Higher Power, we will face lower entities which are simply seeking Oneness with us. For until we can face the darkness within and learn to manage the unconscious expression of it, dark forces will always be attracted to us." This book is about learning to understand the forces of attraction and repulsion in the Universe and in particular, how to neutralize lower forces in our inner lives, as well as in our daily physical life. 'By gradually becoming conscious of ourselves in the internal realms, we learn a new appreciation for those still mired in desperation. And in doing so, we are freed from the psychic attack that we could potentially otherwise attract.'

The Spiritual Life

The souls of our loved ones take a keen interest in our lives here on earth. *Angels Watching Over Me* offers a glimpse into the magical stories of communication between our world and the next. These messages will bring comfort and healing to anyone who has lost someone close to them, whether recently or long ago. In this book, Jacky Newcomb illustrates the power of real-life spontaneous afterlife experiences and how they show that life goes on after we leave the physical realm. These stories have much in common with the classic angel experience, and show that the souls of your loved ones watch over you as you live your life.

Angels Watching Over Me

Psychic Protection is a down-to-earth manual of psychic principles and common-sense practices. It is a handbook for psychic self-defense that everyone can use. This book contains over 20 effective tools and techniques for spiritual cleansing, protection, and overall balance. It offers effective tools to enhance your ethics, professionalism, and presence when working in the metaphysical and holistic fields.

Psychic Protection

For the Love of Spirit was created to inspire, uplift, and entertain. This is a true story of an average girl, Liz, who became a psychic medium and went on to inspire many. Based in Australia, the story tells

of synchronistic events from the 1960s to the present time, from the author's first psychic experience at the age of four to learning and later teaching psychic development, giving private readings and public demonstrations. *For the Love of Spirit* includes not only memoir but offers insights and wisdom to further one's knowledge about spirit communication, spiritual protection, angels, and spirit guides. Liz struggles with love, with parenting and basic survival, and yet all along has the support of Spirit and her personal spirit guide, White Owl. An enchanting memoir, creatively woven with insight and wisdom.

For the Love of Spirit

Learn to protect yourself, your home, and your loved ones against psychic attacks and negative energy Do you want to learn about psychic protection? Are you curious about the aura and its connection to your soul? Have you ever wondered how to call on your guardian angel? You are exposed to different energies daily, some positive while others negative. Negative energies can drain you and cause psychic attacks manifesting in discomfort, anxiety, fears, and illness. They impact you, your home, and your loved ones. Psychic protection is the best solution against negative energy. Certain techniques and tools can keep you and your loved ones safe from all the harmful vibes around you. In this book, you will: Understand the concept of energy and psychic attacks Learn about the benefits of psychic protection Discover how to raise your psychic vibration and skills Discover how to cleanse your soul and karma from past energies Learn to cleanse your space from negative influences Discover how to heal your aura Understand the power of angelic protection and learn to summon an archangel to shield you from psychic attacks Learn to use the symbols, plants, and stones to protect you from psychic attacks Discover spells and rituals to protect you against hexes and curses Learn to protect your home, pets, and loved ones from psychic attacks This book helps you understand negative energies and their impact on your life. It contains effective and tried techniques, tools, rituals, spells, and exercises for psychic protection.

Psychic Protection

How to protect yourself and your home from negative forces as well as paranormal activity by using protective magic and natural elements. A book that is channeled by a spirit guide with the following message: "Be not afraid of the things that slither, wriggle and crawl, as they are of no matter in the scheme of things of what to be wary of. Non-believer? Good for you, perhaps you will never know of the scrabbles and of the "large dark" that exist in this world. But for those of you that have wandered, even intentionally, into the dark corners of the unknown...then you had better heed the advice in this book, as it was written with channeled assistance to help you navigate through this indigo abyss of dangerous sharp edges. Use wisely and freely the information enclosed to keep protections at all times, but for some things...there will be no protection, so know that before going in."

Protective Magic

This inspirational book will aid you in finding stability and security in a changing and challenging world. It explains the difference between self-protection and fear-based defences and shows you how you can use crystals and other spiritual tools to change your mindset from a fearful one into a more confident positive approach.

Psychic Self-Protection

Psychic Self-Defense Dion Fortune - "Psychic Self-Defense" is one of the best guides to detection and defence against psychic attack from one of the leading occult writers of the 20th century. After finding herself the subject of a powerful psychic attack in the 1930's, famed British occultist Dion Fortune wrote this detailed instruction manual on protecting oneself from paranormal attack. This classic psychic self-defence guide explains how to understand the signs of a psychic attack, vampirism, hauntings, and methods of defence. Everything you need to know about the methods, motives, and physical aspects of a psychic attack and how to overcome it is here, along with a look at the role psychic elements play in mental illness and how to recognise them.

Psychic Self-Defense

This practical and informative inspirational guide teaches readers how to cleanse and strengthen their aura and protect it from obsession, possession, astral attack, psychic vampires, cults and negative energies.

Psychic Self Defense

From centuries-old battlefields to present-day disasters, Wilma Davidson has coaxed countless earth-bound spirits-confused children, loyal soldiers, malevolent entities, and stubborn Titanic passengers-to "the Light." In recounting her extraordinary experiences, she brings warmth, honesty, and humor to a subject often avoided and misunderstood: death. This revealing testimonial to the spirit world aims to create awareness, offer credibility, and bring comfort to those who fear crossing over. Davidson's poignant and insightful stories fill in little-known details about ghosts, animal spirits, non-human entities, near-death experiences, angels, and reincarnation. The author also introduces an entire cross-section of the paranormal-spiritual healing, psychic protection, dowsing, astral travel, feng shui, geopathic stress-and gives practical advice for those who wish to follow in her footsteps.

Spirit Rescue

Two manuscripts in one book: Spirit Guides: Unlock the Secrets to Connecting with Your Guardian Angels, Archangels, Spirit Animals, Departed Loved Ones, and More Clairvoyance: The Ultimate Psychic Development Guide to Extrasensory Perception and Intuition Do you ever imagine what it would be like to connect with the spirit world? Do you wonder what it might be like to feel euphoric with the light of knowledge filling your body? Do you envision yourself having deep conversations with the spirits as you ponder life and what it's all about? The truth is that all these things can really happen. The spirits love to communicate with you and share your emotions. They are eager to share their spiritual world with you and help you progress in the natural world. They chose you as their companion even before you took your first breath, and they want to be a part of your life. In part one of this book, you will: Go beyond the seven most well-known Archangels Learn from the lesser-known Archangels and what they can do for you Learn how to stay safe when communicating with spirits Discover how to make sure your guides are on hand to lead you every step of the way Discover how the spirits communicate with you and how you can answer them Find out what a spirit animal is and how to find them Understand how to speak to the ascending masters Find out how to get in touch with your loved ones who have passed away Ponder what happens to people when they die and why it takes so long for spirits to contact people after death Discover how to strengthen your vibration Learn how you can benefit from spiritual sites, even if you can't visit them in person Identify why finding your inner child is an important part of spirituality Uncover the six steps to connect with your spirit guides Have you ever predicted something, and then it happened? Do you feel like you can communicate with loved ones who have died? If you answered yes to any of these, then you may be clairvoyant. Part two of this book allows you to learn psychic development through easy and straightforward techniques proven successful by many others before you. These simple and easy-to-understand techniques can be incorporated into your everyday life. Every exercise is aimed to help you solve problems, protect yourself from harm, communicate with your spirit guides, and so much more. In part two of this book, you will: Learn to improve your perception and intuition Uncover your own psychic skills and gifts Discover how to protect yourself from toxic and unhealthy relationships Learn how to locate and release blocked energy See examples of how you can use psychic abilities to enhance various aspects of your life. Learn techniques that will help activate your third eye Explore different approaches to meditation and discover how they can enhance your psychic abilities Discover the secrets hidden in a person's aura Become a master of the art of intuition Learn how to protect yourself from negative energy Get your copy of this book now to begin your spiritual journey and learn the art of clairvoyance.

Spirit Guides and Clairvoyance

Hearing voices? Seeing shadows? Afraid to be alone? Things really do go bump in the night. Join Maya Zahira on her personal journey of psychic discovery, paranormal experience and spiritual empowerment as she battles the dark forces among us. This fascinating book recounts true experiences with unseen beings, psychic attack and spiritual warfare and details how Maya gained life-saving information about psychic protection and the spiritual realm. Prepare to enter a world few have seen and many will not acknowledge. In each chapter, Maya shares details of her harrowing story of survival against true evil. She has learned priceless lessons on her road to regain a peaceful life and shares these lessons with you, along with practical information to help you on your own spiritual and intuitive journey. Open your mind, your eyes, and your intuition as you read about the darkness that affects us all.

Darkness Disguised As Light

The Complete Guide to Spell Protection is a book Channelled by God(Aliza) through Charmaine The Clairvoyant Medium (The Good One) which covers everything a Professional Psychic or any person

learning to be a psychic, needs to know to protect themselves against spells from the Darkside. This book covers topics such as Spell Protection Protection from being sued.... Removal of Spells Psychic Protection ...and more.

The Complete Guide to Spell Protection

A comprehensive guide to psychic mediumship, covering topics such as what psychic mediumship is, how it works, and understanding the spiritual world. It also provides practical exercises and techniques for developing each of the four psychic senses, communicating with spirits, providing readings, and dealing with difficult spirits. Advanced techniques, such as psychic protection and clearing negative energy, are also discussed. The ebook also includes case studies, examples, and tips for developing your own style as a psychic medium. The book is a useful resource for anyone interested in exploring the world of psychic mediumship and developing their own skills in this field.

The Gift Of Mediumship

If you long for freedom, peace, & joy but often feel like a frustrated & depressed mess then keep reading... Have you ever been so happy but someone (or something) completely stomped your good mood into the mud? That person or situation likely attached its negative energy to your Aura! It's so important to protect yourself from bad energy that lowers your vibration & throws off your goals & dreams! There are several threats that require your utmost attention. Are you experiencing a period of great stress? Are you having nightmares? You likely need a proper cleansing of yourself & your home. Have you tried smudging, sprays, & candles, & nothing seems to work? Do you finally want to say goodbye to all of your wasted time & see what ACTUALLY works for you? You see, cleansing yourself & home of negative energies & attachments doesn't have to be difficult, even if you've tried every other cleansing book and YouTube video already. In fact, it's easier than you think. The most powerful tool in your effort to remove these spirits from your home is sage. It has been scientifically proven that by burning sage around your body, you can kill 94% of airborne bacteria (Collins, 2016). A scientific paper 'Medicinal Smokes' was published in 2006 & research from 50 countries concluded that, in addition to health benefits, smudging was a powerful antiseptic. If the positive benefits of sage have been proven then think what the secrets in this guide could do for you! Here's just a tiny fraction of what you'll discover: A treasure trove of easy, step-by-step exercises you can do at home for a supercharged vibration & powerful cleansing This quick number secret to seeing your soul's characteristics & what they say about you! The secret gland you can activate to skyrocket your energy & reach the stratosphere of the divine (& it's not the third eye!) How to see (with your own eyes) the energetic movements in your home with just 2 kitchen items The insiders step-by-step secret DIY spray recipe to dissolve negative energy Unbeatable Guided Meditations to Banish Negative Entities, Cleanse Your Aura and Supercharge Your Life (& the items you need to power up your meditations) The easy 'invisible chair' at-home exercise to release a lifetime of trauma Made for you '7 Day Negative Energy Cleanse' Daily (& nighttime) rituals to ENCHANT YOUR HOME WITH ANGELIC POWER (just follow this & see what happens!) Manifesting toolkit download inside! & much more... Take a second to imagine how you'll feel once you can effortlessly cleanse your aura & home of harmful negative entities & energy. Imagine your friend's & families' faces when they step foot in your beautifully cleansed home! Spiritual cleansing isn't reserved for those that spend hours meditating every day. In fact, anyone can do it. You can spiritually cleanse starting today with the amazing secrets inside, even if nothing has worked for you before. You're holding the key to cleanse & make space for literally anything you have ever dreamed of in life. It's time to take action. Why would you ever settle for anything less than the joyous & blissful life you deserve? So if you're DONE with allowing negative entities to impose on YOUR auric space & have a burning desire to start fresh on your amazing cleansed journey then scroll up & click "Buy Now".

Spiritual Cleansing

Protect yourself from harmful negative energies and spiritual disturbances with this enlightened guide to psychic and mental health. In today's hectic and uncaring world, it's important to guard the boundaries of your soul. Psychic Shield: The Personal Handbook of Psychic Protection will teach you all the practical and commonsense strategies necessary to defend yourself against any damaging external forces you may encounter. Packed with checklists, danger-point indicators, and reality checks, Psychic Shield offers a variety of spiritual housekeeping techniques to help you: Strengthen your psychic health Overcome negative relationships Free yourself from fear and self-doubt Deal confidently with difficult people Live in harmony with others Maintain boundaries that keep you safe And so much more! Whether

you're a skilled psychic, a budding empath, or simply someone looking for answers, Psychic Shield offers a number of practices, meditations, and rituals to help you protect yourself and your inner peace.

Psychic Shield: The Personal Handbook of Psychic Protection

This book contains a description of the various kind of psychic attack along with suggestions and a few remedies for eliminating it from your life Included are exercises for mental training, that can make your mind impervious to psychic attack.

Psychic Attack

A guide to psychic self-defense and protection magick that that includes instruction on forming protection shields, creating protection spells and rituals, and connecting with guardian spirits, angels, power animals, and patron deities.

The Witch's Shield

Part of the Explaining Series, this book examines an important aspect of the Christian faith and presents the message of the Bible. It teaches what the Bible says about spiritual protection.

Explaining Spiritual Protection

This is a book that will be of great value to those who wish to know more about psychic development, auras, chakras, and the energy that is used by psychics. The author has a strong belief that everyone who is about to research their spirituality should be taught the basics of meditation and psychic development in order to know a little about the language used in meditation circles.

Handbook for Beginners of Spiritual and Psychic Development

Addresses the kinds of psychic or soul disruption that are commonly encountered. It explains how we can become spiritually streetwise and guard our souls against such unpleasant outside disturbance with simple and commonsense strategies. Caitlin Matthews' practical rituals and wise advice will help you to strengthen your self esteem and build your confidence, so that you cease to be affected by psychic disturbance.

The Psychic Protection Handbook

Written for intermediate to advanced healers, RELIANCE ON THE LIGHT explains how to identify negative interference and create psychic protection in daily life through meditation and visualization. Diane Stein is concerned that a darkness has engulfed the world in the form of violence against humanity, ecological destruction, and prevailing hopelessness, and so she designed her teachings to help people gain access to the Light--the radiant energy of goodness and understanding. Achieving the psychic protection of this energy creates a collective healing process that promotes positive energy and hope.

Reliance on the Light

Simple exercises that not only start readers on a path of psychic self-mastery, but also demonstrate the power of the mind, and the necessity of training it. Pickands teaches how to recognize psychic disturbance and the procedures for defense, in both everyday and extraordinary situations. She stresses ethical considerations, and illustrates her points with real life situations. Illustrated. Bibliography, index.

The Psychic Self-Defense Personal Training Manual

This title explores the human need to open up consciousness and develop its unrealized potential against negative energies. This introductory guide combines practical, easy-to-use techniques, such as visualizations and flower essences, with actual case studies.

Thorsons Way of Psychic Protection

Stories of ghosts and hauntings have frightened us since the beginning of time. Until recently, few have dared to contact the deceased and discover the true nature of earthbound spirits and the phenomena they create. Our understanding of the afterlife has evolved, and with it the reality that ghosts are just

like us, facing many of the same problems we face every day. Spirit rescue mediums are “psychologists for the deceased,” helping them peacefully transition to the other side. Toward the Light is the first guide dedicated solely to spirit rescue and its role in saving earthbound spirits from their self-imposed exile on earth. It is a guide to rescue mediumship, a form of spirit communication used to counsel and aid the deceased in crossing over. It is the first book that will help you understand things from a ghost’s perspective, and will cover such diverse topics as: Why spirits remain earthbound and the emotions associated with this decision Places of interest for earthbound spirits and the reasoning behind their residency Techniques and tools used by rescue mediums Psychic protection tools and techniques for all levels of spirit activity The different vibrational levels of spirit attachments Residual energy and the techniques used to clear it away

Toward the Light